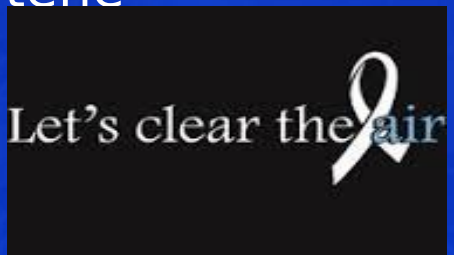
NOVEMBER

Lung Cancer Awareness Month

Know The Facts

- Second most commonly diagnosed cancer in MEN and WOMEN
- Most common cause of cancer death
- Most common cause: cigarette smoking
- Other causes
  - Pipe/cigar tobacco
  - Second-hand smoke
  - Exposure to certain substances (i.e. radon, asbestos, diesel exhaust, silica)
  - Family history
  - Smokers taking beta-carotene supplements



Know The Symptoms

- Often no symptoms until advanced disease (not many nerve endings in lungs)
- Can differ from person to person but may include:
  - A cough that doesn’t go away and gets worse over time
  - A chronic cough or “smoker’s cough”
  - Hoarseness
  - Constant chest pain
  - Shortness of breath, or wheezing
  - Frequent lung infections, such as bronchitis or pneumonia
  - Coughing up blood
  - Unexplained weight loss

Know The Screening Recommendations

- Who should get screened:
  - Those with a history of *heavy smoking, ***and***
  - Smoke now or have quit within the past 15 years, ***and***
  - Are between 55 and 80 years old
- Frequency and type of test:
  - Annual screening for lung cancer with low-dose computed tomography (LDCT

*_Heavy smoking_ means a smoking history of 30 pack years or more. A _pack year_ is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 30 pack-year history by smoking one pack a day for 30

Know How To Lower Your Risks

- Don’t smoke
- Avoid second-hand smoke
- *Get your home tested for radon
  - The second leading cause of lung cancer
  - Naturally occurring gas that comes from rocks/dirt and gets trapped in houses and buildings

**Hawaii counties are considered “Low Potential Risk” (levels less than 2pCi/L)*

Every Breath Counts
FOUNDATION FOR LUNG CANCER AWARENESS

You Decide….

- What are the health risks of “vaping”?
  - The jury is out. The phenomenon is so new that not enough studies have been done.
  - The largest study done analyzed two leading brands. Researches concluded that the devices did contain trace elements of hazardous compounds (including a dominant chemical in anti-freeze).
  - It’s still unknown how harmful trace levels can be.

Know Where To Get More Information and Help To Quit

- Talk to your health care provider
- LungCancer.Org
- Center for Disease Control
- American Lung Association
- American Cancer Society
- TRICARE Tobacco Cessation @ http://www.tricare.mil/tobaccocessation
- Smokefree on-line program @ http://smokefree.gov/
- Freedom From Smoking online @ http://www.ffsonline.org/
- Hawaii Tobacco Quitline 1-800-784-8669 or hawaiiquitline.org